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100 school bags pg 5

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Wednesday, August 18, 2010

# THE MORNING NEWS IN English WWW.themorningnewsaruba.com

Caya G. F. Betico Croes 111 - Tel: 588-9517 - Fax: 588-9518 - E-mail: themorningnewsaruba@gmail.com

### Aruba receives various recognitions

Aruba, the island known for its slogan: '90,000 friends you haven't met yet' is truly an extraordinary experience for travelers. Proof of this is the fact the our island and hotels received various recognition among world travelers.



Recently, Aruba was placed among the 'Top Ten honeymoon Favorites' by Brides Magazine, the biggest bridal magazine.



Following is a list of all the recognitions Aruba re-

ceived:

\* Aruba Airport Authority (AAA) N.V. received the 'Routes Regional Airport Marketing Awards.' This award represents the recognition in excellence in airline marketing for the Central America and Caribbean region. AAA competed against Panama City, Montego Bay, Curaçao and Port-au-Prince.



\* Bucuti Beach Resort received the Apple Vacation award for the 10th consecutive year. The award attests that Bucuti is the leading ro-



mantic getaway resort

\* Hyatt Regency received the 'Green Globe Silver Certification,' which means that now the hotel is completely environmental friendly. Hyatt is the first high rise hotel on Aruba to receive this recognition.



\* On TripAdvisor, Simply Fish, restaurant at the Marriott, was listed among the 10 best restaurants out of 52 on the Eagle Beach/Palm Beach strip. TripAdvisor is the best known website among travelers.

\* Green Globe Certification CEO listed Bucuti Beach Resort among the top 5 green resorts of the Caribbean region.

\* Aruba Tourism Authority representative in New England, Katy Kennedy, received the 'Top Supplier' award, granted by 'Travel Agent Magazine.'



\* Fodor's Travel, magazine specialized in travel publications, recognized Aruba Marriott Resort & Stellaris Casino as 2010 Fodor's Selection. This is a remarkable achievement which recognizes Marriot as the leader in service, quality and merit for 2010

\* Bucuti Beach Resort & Tara Suites received the '2010 Fodor's Choice Award'

from Fodor's Travel. The award is given annually by a group of travel experts to restaurants, hotels and attractions that excel as the best place to visit.



\* The Aruban online academy, 'Aruba Academy,' was nominated by Travel Uni in the 'Favorite Training Program' category for the Travel Agent Choice Award 2010.

All this proofs that Aruba shines in different ways, thus getting more promotions. ATA extends it gratitude to all partners for their achievements.

### **Ex-governor guilty of lying over Obama** senate seat scheme



Former Illinois Governor Rod Blagojevich (L) and his attorney Sheldon Sorosky smile as they walk through a pack of reporters as they leave the Dirksen federal building after his arraignment hearing in Chicago, Illinois in this April 14, 2009 file photograph.

CHICAGO, Illinois (AFP) – Ousted Illinois governor Rod

Blagojevich was found guilty yesterday of making false

statements to the FBI but the jury was deadlocked on 23 other corruption charges linked to President Barack Obama's vacated senate seat.

The hung jury delivered a major blow to US prosecutors intent on convicting the flamboyant former governor, who has become a reality television star and is best known for his salty language when allegedly trying to sell Obama's seat to the highest bidder.

With the judge expected to declare a mistrial, prosecutors vowed to retry Blagojevich, 53, who had faced 24 counts including racketeering, bribery, attempted extortion, wire fraud and lying to federal agents.

#### **Happy birthday Shannon**



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#### 59 die in suicide attack on Iraq army Russia halves fires area as recruitment center

BAGHDAD, Iraq (AFP) - A suicide bomber blew himself up at a crowded army recruitment centre in Baghdad killing 59 people yesterday, officials said, as violence coinciding with the Muslim holy month of Ramadan raged across Iraq.

The attack, blamed on Al-Qaeda and the deadliest this year, wounded at least another 100 people and came a day after Iraq's two main political parties suspended talks over the formation of a new government and as the US withdraws thousands of its soldiers from the country.

US President Barack Obama led international condemnation of the attack, with his spokesman insisting the bomber's attempt to "derail the advances that the Iraqi people have made" would not suc-

Britain and France joined in, with Paris describing it as "cowardly" and London labelling it "unjustified and vicious."

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Iraqi Prime Minister Nuri al-Maliki ordered a high-level probe into the bombing, which Baghdad security spokesman Major General Qassim Atta blamed on Al-Qaeda.

"The fingerprints of Al-Qaeda are very clear in this attack," Atta told AFP. "You can see it in the timing, the circumstances, the target and the style of the attack -- all the information indicates it was Al-Qaeda behind this."

An official at Baghdad morgue put the death toll at 59, while a doctor at Medical City hospital, close to the scene of the attack, said they had received 125 wounded.

The bomber blew himself up around 7:30 am at the centre, a former ministry of defence building that now houses a local security command, in the Baab al-Muatham neighbourhood in the heart of the capital.

An interior ministry official said the majority of the victims were prospective soldiers seeking to enlist on the last day of a week-long recruitment drive but that some troops who were protecting the compound were also hurt and killed.

#### Final Gulf oil well 'kill' plan on hold amid pressure fears

WASHINGTON (AFP) – A long-standing deadline for sealing the ruptured Gulf of Mexico well deep below the seabed will be missed as US officials and BP tackle concerns about debris lodged in the well.

BP and US government representatives had hoped to complete a "bottom kill" procedure and officially pronounce the well dead by mid-August, but the US pointman on the oil spill response said the bid was on hold.

Admiral Thad Allen said that an earlier successful process sealing the well from above may have wedged cement between two layers of casing, trapping leaked crude inside the void.

That has forced officials to put on hold plans to seal the well from below by flushing first a heavy drilling fluid called "mud" and then cement into the damaged structure via an intercept from a second re-

"When we do the intercept well and commence pumping mud and cement... it will create pressure," Allen said.

"We want to make sure before I give the order and direct BP to do that, that we know the implications of that pressure, and how we will deal with it."

BP is now studying two alternatives ways to tackle the potential problems posed by the debris and trapped crude.

The first is a "pressure relief method" that would work with the sealing cap currently atop the well; the alternative would involve bringing in a new blow-out preventer device to withstand any pressure caused by the blockage.

"I believe that we should have pretty much exhausted all the alternatives of what it would take to do all of this sometime in the next day or a two at a maximum and we'll be able to announce a decision," Allen said.

"I would say approximately seven days after I direct them to move ahead we would finish the pressure test and declare the well dead."

The setback will be disappointing for weary Gulf Coast residents eager for the psychological relief of knowing a final death blow has been struck against a well that has unleashed such economic and environmental catastrophe.

### weather chills

MOSCOW, Russia (AFP) -Russia yesterday claimed to have reduced by half the area ablaze from its worst ever wildfires and averted any threat to a nuclear facility as a record heatwave finally relented.

Officials said the danger from a fire raging in a nature reserve close to Russia's biggest nuclear research centre had ebbed and troops who had been brought in to fight the blaze would be withdrawn.

Temperatures in Moscow, which edged 40 degrees Celsius (104 degrees Fahrenheit) last week, were back down in the mid-20s after the heatwave triggered a nationwide crisis

and destroyed a quarter of the country's crops.

The emergencies ministry said in a statement that the area ablaze in peat or forest fires nationwide had been cut to 22,700 hectares (56,000 acres) from 45,800 a day earlier. At the peak of the crisis, almost 200,000 hectares of land were on fire.

"The situation with the wildfires has improved considerably," it said

Officials said the situation around Russia's main nuclear research centre in the town of Sarov had also eased, with a forest fire nearby no longer posing a threat to the facility.

#### **Scientist: Heat probably** killed thousands in Moscow

MOSCOW, Russia - Several thousand Muscovites are thought to have died in July alone from this year's unprecedented heatwave and August could add more fatalities, a Russian scientist said yesterday.

Moscow, a metropolis of over 10 million people, has suffered intense heat since late June, with day temperatures sometimes nearing 40 degrees Celsius (104 degrees Fahrenheit).

The crisis shriveled a third of Russia's grain crop, shaved billions off this year's economic growth and killed at least 54 people in wildfires. The heat subsided on Tues-

Citing a report by the Moscow Registry Office, Boris Revich, a senior demography and ecology researcher at Russia's Academy of Sciences, said 5,840 more Muscovites had died in July than in the same month last

Revich said he believed the overwhelming majority of these additional deaths had been caused by the fierce heatwave.

"This situation was absolutely easy to forecast," he told a news conference. "The only thing I blame myself for ... is that my estimate (of deaths) was too low at the start of the heat."

"But we have never had experience estimating such monstrous heat, merely because we had never had such heat before."

The State Statistics Committee (Goskomstat) is due to publish its data on the deaths around August 20, Revich said. Death rate figures for August will be available in September.





#### **Survivors of Colombian** 'miracle' air crash return home

BOGOTA, Colombia (AFP) -Survivors of a Colombian plane crash that left just one person dead out of the 131 people on board started returning home yesterday as a probe was launched into the accident.

Two military transport planes and other special flights with doctors on board ferried many of the passengers from Colombia's San Andres island, where the crash took place, Colombia's transport ministry said.

At least 23 people were suffering significant injuries from the accident, which left the fuselage of the Boeing 737, from Colombian domestic airline Aires, broken in three on the runway.

The only fatality from the crash was that of a 73-year-old woman who died of a heart attack after being evacuated. Colombian authorities said two other people were seriously injured.

The investigation into the accident involved US experts.

Initial information pointed to a crash in violent weather, with the plane believed to have been knocked around by a sudden change in wind direction after being hit by lightning.

#### Florida teachers warned not to 'friend' students online

MIAMI, Florida (AFP) - A Florida school district has told teachers not to be "friends" with students on social networking sites and to be very careful in using electronic communication to avoid legal and workplace problems.

Tel: (297) 586-0677

Lee County school officials issued the guidelines Monday at the start of the 2010-2011 school year, warning teachers not to communicate with students via Internet sites.

"It is inappropriate for employees to communicate, regardless of the reason, with current students enrolled in the district on any public social networking website," the guidelines said.

"This includes becoming 'friends' or allowing students access to personal web pages for communication reasons," it said.

Robert Dodig, who is in charge of the county's legal affairs office, said, "Too many people may not realize what they do in their private life online can come back to cause issues in their professional life, especially in public education."

Social networks like Facebook, Twitter and MySpace are increasingly being used by students and institutions, and many educators have used the sites to organize activities, the

guidelines noted.

Teachers were instructed to let their supervisors know if they are using a social networking site for reasons related to their work, and educators were asked to think twice before posting information or photographs.

"Never post information about students -- even something as innocent as a student's name -- as student information is considered private and confidential," it said.

when they do.

#### GM to recall more than **243,000 vehicles**

DETROIT, Michigan - General Motors Co will recall more than 243,000 model year 2009/2010 crossover sport utilities, mainly in the United States, to inspect safety belts for possible damage, the automaker said yesterday.

The automaker and regulators said most of the Chevy Traverse, Buick Enclave, GMC Acadia, and Saturn Outlook vehicles were shipped within the United States. Several thousands others were exported to Canada, Mexico, China, Saudi Arabia and other countries.

to the second-row safety belts could make it appear as if the latch were properly secured

Authorities said they were not trying to restrict teachers's use of social networks, so much as to protect the teachers



GM said potential damage when it was not.



#### Bring Jackal home, says party

CARACAS Venezuela --Venezuela's Communist Party urged the Government yesterday to seek the repatriation of convicted terrorist "Carlos the Jackal", who is serving a life sentence in France for murder.

Party representative Pedro Eusse said President Hugo Chavez's Administration should ask France to let Ramirez serve the remainder of his sentence in his homeland.

The Venezuelan-born prisoner, whose real name is Ilich Ramirez Sanchez, is not getting adequate health care in France and authorities there are denying his right to communicate with lawyers, Eusse

#### Venezuela to ration electricity in three states

CARACAS, Venezuela --Venezuela will ration electricity in three western states after a transformer went out at the Planta Centro power generator in Falcon state, it was reported yesterday.

Power rationing will hopefully end tomorrow, authorities said.

"The event at Planta Centro has affected three states: part of Yaracuy, part of Carabobo and part of Falcon," said Rafael Castillo, head of national operations at Cadafe, a Venezuelan power producer.

Power rationing was necessary to avoid putting too much stress on a substation as well as to avoid a fresh round of blackouts in the

"We are doing everything necessary so the contingency plan lifts no later than tmomorrow at noon," Castillo said.

Blackouts have plagued Venezuela--and its economy--recently due to a drought that has crippled the nation's hydroelectric power supply.

Nationwide, Venezuela has eased up on power rationing now that the rainy season is back and replenishing key rivers in the southern reaches of the country, where large hydroelectric power plants operate.

The Guri power dam in southern Venezuela, for example, supplies two-thirds of the country's power needs.

State-run oil company Petroleos de Venezuela, or PDVSA, has said the drought has not affected its operations.



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Pakistani flood survivors run after a truck of food relief, in Muzaffargarh, near Multan, Pakistan. Angry flood survivors blocked a highway to protest slow delivery of aid and heavy rain lashed makeshift housing Monday as a forecast of more flooding increased the urgency of the massive international relief effort. Funding for the UN's aid appeal for victims of Pakistan's devastating floods rose to more than 182 million dollars, covering 40 percent of needs, latest data from the world body showed yester-

### Radisson hosts prominent British journalists



A group of British press members recently visited the island, invited by the Aruba Tourism Authority to see and experience all that the island has to offer. During their stay the group of journalists gave a unanimous thumbs up after having enjoyed breakfast at Sunset Grille Restaurant. The group, including representatives from The Sun newspaper and Okay Magazine, was joined by Radisson's Senior Sales Manager Lily Polsbroek. Sunset Grille has just released a delicious new brunch menu, in which the culinary brigade came up with an interesting concept combining buffet served specialties, and a la minute cooking from the exhibition

#### A charming new option in night life in Palm Beach



Michael, Mireille and team.

have long wished for a place to relax and enjoy favorite music and stimulating conversation, there is now a place "for the rest of us," in Palm Beach; the recently opened Grand Café 21, located in what was formally Pavarotti's and Bella Luna restaurants.

The new owners, Michael

For all those on Aruba who and Mireille Heilker have converted the formal restaurant into a cozy lounge/eatery where one can come to enjoy a gourmet meal from veteran Chef Wim Elzing, a fusion of French with a Caribbean flair, and then stay on to dance and socialize in the relaxed surrounding.

A quick glance at the menu

listed gourmet treats such as escargot, frog legs and a hearty crab and corn chowder along with fresh local fish, prime steaks and creative poultry dishes and salads at extremely reasonable prices. The owner's aim is to establish the sort of place where one cares to linger all night long, enjoying the casual but lively ambiance. "We open at 4:00 p.m. and close... whenever," explained Michael, 'until the last customer is ready to come home."

Hailing originally from Holland and Suriname, Michael and Mireille have run two very successful and similar eateries in both countries. They confess they couldn't find anything quite like Grand Café 21 on the Aruba, and felt there was a void that needed to be filled.

If you wish to enjoy a full evening of fine dining and dancing as the world used to know, but loud, heavy electronic music is not your thing, than Grand Café 21 is the place for you! Open Tuesday through Sunday, they hope to soon welcome patrons "not as customers, but as friends."

by Rosalie Klein



#### Zsa Zsa Gabor refuses operation and goes home

LOS ANGELES, Califormia (AFP) - Zsa Zsa Gabor, the 93-year-old Hollywood star who had been hospitalized due to complications from a broken hip, refused a new operation and was released from hospital and allowed to go home, her publicist has said.

John Blanchette said doctors were ready to perform a liver operation, but gave up on the idea after the actress insisted she wanted to return to her Bel Air home.

Gabor on Sunday had called a priest into her hospital room for her last rites.

A spokesman for Gabor's daughter Francesca Hilton said all that Sunday the actress had been asking to be released from hospital.

"She wanted to be home. She was tired of it," Ed Lozzi

Gabor was taken to Ronald

Reagan hospital on July 17 after she broke her hip getting out of bed. She was given an artificial hip and released, only to be readmitted two days later for blood clot surgery.

Lozzi described Gabor's current health condition as 'day-to-day.''

The Hungarian-born actress and former beauty queen's lengthy film career includes spots in a dozen films and television series, including John Huston's 1952 "Moulin Rouge" and the 1958 film noir "Touch of Evil" by Orson Welles. She lent her voice to several animated films and TV series.

But the platinum blonde is especially known for her flamboyant lifestyle, legal troubles, nine marriages and a propensity to call just about everyone "darling" with her distinctive



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While the Aruba government gave extra financial assistance and created a student fund to help cover the Colegio Arubano book expenses

#### Hyatt Regency gave away 100 school bags to students in need



Recently, Hyatt Regency representatives presented no less than 100 school bags to the Minister of Economic Affairs, Social Affairs and Culture Michelle Hooyboer-Winklaar and Minister of Labor, Transport and Tourism Otmar Oduber. Their ministry is in charge of giving financial assistance to help low-income parents so their children can go to school.

Hyatt employees held a collection among colleagues and with this money they bought 100 school bags with their pencil cases, writing pads, note books and other basic necessities a student needs to start the new school year. The schoolbags are for students in need.

Affairs has a list of families in need who are not necessarily getting government social assistance. Besides the bags the government also saw to it that all parents who receive government social assistance get extra financial help this month to cover school expenses, clothing, etc. A special fund



was created to help parents cover the high expenses for books for children going to Colegio Arubano.

Minister Hooyboer-Win-

klaar expressed her satisfaction that the private sector is willing to help the Aruba government with its social challenges. "By standing together - employees, businesses and the government – we can accomplish big achievements," she stated during the handing over of the bags

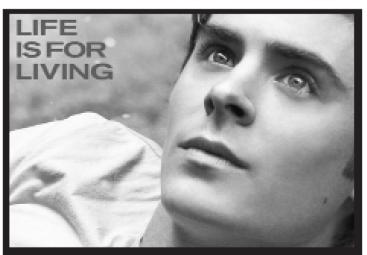


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\*The Expendables will start Friday August 13

CHARLIE ST. CLOUD (2010) (DRAMA/ROMANCE) - Accomplished sailor Charlie St. Cloud has the adoration of his mother Claire and his little brother Sam, as well as a college scholarship that will lead him far from his sleepy Pacific Northwest hometown. But his bright future is cut short when a tragedy strikes and takes his dreams with it. After his high-school classmate Tess returns home unexpectedly, Charlie grows torn between honoring a promise he made four years earlier and moving forward with newfound love. And as he finds the courage to let go of the past for good, Charlie discovers the soul most worth saving is his own.

#### Science/Tech

# Mexico eyes deeper oil drilling in shadow of Gulf disaster



Fire brigade team personnel evacuate a "casualty" during a fire drill aboard the Pemex (Petroleos Mexicanos) Ku-S oil processing center, part of the Ku-Maloob Zaap complex, in the Gulf of Mexico

SONDA DE CAMPECHE, Mexico (AFP) – Firefighters leapt forward with a gushing hose on a Gulf of Mexico oil rig as fake victims were stretchered off in a practice run following BP's Deepwater Horizon disaster.

The Mexican drill came amid fears of a repeat catastrophe, and as producers like Mexico chase reserves into deeper and more dangerous waters.

One of the world's top oil producers, Mexico currently churns out some 2.6 million barrels of oil a day. A third comes from the Ku Maloob Zaap field where the Ku-S rig lies.

But with output plunging in its shallow-water oil fields, Mexico could begin importing oil -- which finances a

#### 'Flight Simulator' Returns as Microsoft 'Flight'

Microsoft's "Flight Simulator" is back - sort of.

The game, which Microsoft famously shut down at the beginning of 2009 will take wing again in Microsoft "Flight," which Microsoft revealed during the Gamescom event this week in Cologne, Germany.

Microsoft hasn't released pricing or even a ship date for the new title, just this teaser trailer at the company's site. It depicts the external view of a small single-engine plane flying over a realistic-looking ocean.

Fans of the series may be a bit unnerved by the fact that Microsoft has eliminated the word "Simulator" from the title, added a the outline of a buxom pilot to the right side of the screen, and said it will be "welcoming everyone, including long-time fans, to experience the magic of flight".

Microsoft Game Studios will develop the title, Microsoft said.

large chunk of the state budget -- within the decade.

State-run Pemex oil company presents the megastructure of the Ku-S rig as a model of stringent security measures as it takes on the challenge of digging deeper for oil.

But the rig, weighing more than 14,000 metric tons, only extracts the black gold at some 60 meters, far from the 500 meters (1,640 feet) considered deep waters.

Touring the massive structure, rig director Francisco Contreras said he feared no BP-scale disaster on his watch.

Some 4.1 million barrels of oil spewed into the Gulf before BP could this month contain its ruptured well, 1,500 meters below the surface, after an April explosion that killed 11 workers.

"Thanks to the security systems we have in the oil and gas lines, in the case of any change, we'd detect it and our automatic shut-off system would kick in," Contreras said.

There have been no acci-

dents in more than 1,000 days, Contreras said, demonstrating three alarm systems.

Oil was discovered in the Ku-Maloob Zaap field eight years ago, shortly before production started declining at the giant Cantarell field.

Efforts to develop the Chicontepec field, onland near the Gulf coast, have struggled to take off, adding to the urgency for Pemex to drill deeper.

"We're going to double our deepwater drilling capacity for next year," said Carlos Morales Gil, Pemex's director of exploration and operations

Mexico's congress passed an overhaul of Mexico's oil law in 2008, putting new controls on Pemex as it seeks to exploit what it claims are a possible 50 billion barrels buried deep in the Gulf of Mexico.

But the Deepwater Horizon blowout proved that systems do fail.

"If there's something that we can learn from the BP spill, I think it is basically that there are no technologies that are completely safe and there are no technologies that are useful when there is an explosion and a spillage," said independent energy analyst David Shields.

Aside from its lack of experience in deep-water exploration, Mexican law still prevents Pemex from freely working with foreign partners, despite the oil reform.

So it has to take on more risks, as well as the enormous costs, of using new technology and security procedures, Shields said.



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**HEALTH - LIVING** 

# FDA calls for withdrawal of drug it approved on a fast track



WASHINGTON (AFP) – The Food and Drug Administration said Monday the drug midodrine, which is used to treat low blood pressure, should be withdrawn from the market because no follow-up studies have been done to show it has clinical benefits.

It is the first time that the FDA has taken such an action against a drug approved on a fast track basis.

The agency said patients who use midodrine should stop taking it and consult their doctors about other types of anti-hypotension treatment, the FDA said in a statement.

Sold under the name ProAmatine by the Irish pharmaceutical firm Shire Development Inc. and in generic versions, midodrine was approved by the FDA in 1996 based only on promising preliminary results from clinical trials.

But when granted a fast-track approval, laboratories are required to confirm the clinical benefits of the drug with post-approval tests.

To date, however, neither Shire Development nor any makers of the generic ver-

### **Health Tip:** Why Gums Swell

Swollen gums are relatively common, but can signal an underlying health problem. The U.S. National Library of Medicine offers this list of possible causes:

- \* Having an inflamed gum condition called gingivitis. \* Having a fungal or viral infection.
- \* Being malnourished. \*Wearing dentures that
- don't fit properly.
  \*Being pregnant.
- \*Being sensitive to a mouthwash or toothpaste.
  \*Having scurvy.
- \*Experiencing a side effect of certain medications.

sions of midodrine have demonstrated the drug's benefits to patients suffering from orthostatic hypotension.

People with the condition are unable to maintain proper blood pressure in an upright position and get dizzy or faint when they stand up.

"We've worked continuously with the drug companies to obtain additional data showing the drug's clinical benefits to patients," Norman Stockbridge, an FDA official said.

"Since the companies have not been able to provide evidence to confirm the drug's benefit, the FDA is pursuing a withdrawal of the product," he added.

Shire has been given 15 days to respond in writing or lose its right to appeal. Makers of the generic versions of the drug were given 30 days.

If after examining data submitted by the pharmaceutical companies, the FDA continues to believe the drug should be withdrawn, it will do so, the agency said.

The generic versions of the drug are made by Apotex Corp., Impax Laboratories Inc., Mylan Pharmaceuticals, Sandoz Inc. and Upsher-Smith Laboratories, the FDA said.

The agency said about 100,000 people in the United States received prescriptions for midodrine or one of its generic versions in 2009.

In September 2009, the Government Accountability Office, an investigative arm of the US Congress, concluded in a report that the FDA should verify whether drugs authorized on a fast track basis have lived up to their initial promise.

The GAO cited ProAmatine as an example of a drug whose clinical benefits have

never been established.

According to the report, the FDA has required 144 clinical studies to confirm the efficacy of drugs authorized on an fast-track basis since 1992, and to date only 64 percent of them have been carried out.



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### Surprising uses for oatmeal



Heart healthy? Check. And that's just the beginning of oatmeal's superpowers.

**Pore refiner** 

This mask, from New York City dermatologist Amy Wechsler, MD, makes use of oats' saponins, cleansers that remove dirt from pores: Mix 1/2 cup oatmeal, 1/2 cup hot water, and 1/4 cup honey in a food processor. Let cool, and apply. Wait 10 minutes, and

rinse.

Diet helper

Replace all-purpose flour with homemade oat flour (grind oats in a processor) for baking cookies, pancakes, and quick breads. You get twice the fiber so you feel fuller, but fewer calories, says Frances Largeman-Roth, RD, Health's Senior Food and Nutrition Editor.

**Exercise booster** 



Eat some oatmeal pancakes for a better workout? Believe it. British researchers found that foods like oatmeal up endurance when eaten about three hours before exercise. Oats trigger the body to burn fat more quickly to fuel muscles.

Cancer fighter

Have oatmeal for breakfast and help prevent breast cancer. Premenopausal women on diets rich in fiber from whole grains, like oats, reduce their risk by up to 41%, suggests a study in the International Journal of Epidemiology.

### Eating healthier proteins may lower heart disease risk

Replacing your sirloin steak with healthier protein-rich foods like fish or chicken may reduce your risk of heart disease, according to a new study.

"Our study shows that making substitutes for red meat or minimizing the amount of red meat in the diet has important health benefits," said study researcher Dr. Adam M. Bernstein, post-doctoral researcher at the Harvard School of Public Health in Boston, in a state-

Eating more fresh-cooked red meat, processed red meat and high-fat dairy products was associated with an increased risk of heart disease, according to the study, which is published in the current issue of the journal Circulation.

The study compiled data from questionnaires given to 84,136 women aged 30 to 55 years old (the majority of whom were Caucasian) during the 26-year long Nurses' Health Study, which took place from 1980 to 2006.

Compared with women who had an average of half a serving of red meat per day, women who had two servings of red meat per day had a 30 percent higher risk of developing coronary heart disease, the study determined.

Besides cutting down on red meat potions, the data also showed that eating more servings of poultry, fish and nuts is significantly associated with a decreased risk of coronary heart disease.

Here is how much the researchers calculated that the

More than just shopping

# Mountain Motor Racing meets tropical destination through Team Aruba

CRETE, Illinois -- Recently, the beautiful island of Aruba became the Official Travel Destination of the MMPSA. Aruba will be giving away two vacation packages- one to the winner of the MMPSA shootout and one to the MMPSA World Champion, winner of the King of the Mountain Crown. Aruban involvement with drag racing began several years ago through the Team Aruba Pro Stock team. Crew-turned-driver Trevor Eman has been there since the beginning and gave the MMPSA a look into our favorite travel destination and the Aruba team.

Eman, who recently turned 24, is the youngest driver in the MMPSA. However, his experience and expertise denies his years. When he's not at the track Eman is working toward a degree in Mechanical Engineering from the University of Central Florida. Reflecting the unique makeup of Aruba, Eman is fluent in four languages: Papiamento (the local language spoken in Aruba), English, Dutch and Spanish.

Long term plans for Eman include becoming more involved in the family machining and fabrication business back in Aruba as well as spending more time in the Team Aruba race shop, housed in Union, SC, and, of course, furthering his career behind the wheel of the Aruba.com machine.

Although he spends much time in the states with his schooling and racing, it's obvious that his home country of Aruba is very dear to him... And for good reason. His small island home is truly a tropical paradise. In Eman's own words:

"Aruba is as awesome, as awesome it gets.... My opinion about it may be biased because I am from Aruba, but even so, the people are friendly, the beaches are beautiful, the food is excellent and everything else is great there. I would encourage anybody and everybody to make it a destination to visit at least one time in your life and



you will see for yourself. I guarantee you will end up visiting the island again."

Eman's involvement in dragracing began with his family, who started in the sport before he was born. Trevor grew up going to the races in Aruba. Their team comprised of two Pro Stock cars, one of which Eman crewed on. At the age of 16 he completed Frank Hawley's Drag Racing School and began bracket racing in Aruba.

In 2004, the Aruban Pro Stock teams decided to try racing in the U.S. They began with a two car team with drivers Andre Loonstra and Burt Kelkboom. Before the 2008 season, Loonstra and Kelkboom decided to scale down involvement with the team due to the strenuous demands of professional racing in the states and other business commitments in Aruba. Eman and his father decided to continue the team with Trevor as driver, making him one of the youngest drivers ever in Mountain Motor Pro Stock.

"When we began professional racing in the U.S, we couldn't think of a better way to do it, than to promote Aruba while racing in the states," Eman elaborated. "We approached the Arua Tourism Authority department in Aruba and pitched the idea to them. They liked the idea and we struck a deal to advertise the official website of Aruba, www.Aruba.com"

With a unique sponsor,

friendly faces, and strong desire to compete, Team Aruba quickly made a name for themselves. They currently field a 2006 Ford Escort, and with Jon Kaase power under the hood, the team has let it be known that they are a force to be reckoned with. Now standing 7th in MMPSA points, they are in a good position to compete for the Championship in the King of the Mountain Crown. If Eman were to win the King of the Mountain Crown or the MMPSA Shootout, he would be the recipient of the Aruba vacation up for grabs. Since he lives in the tropical paradise, he says he would hand the trip over to the runner up.

Despite his young age, Eman handles the pressures of professional drag racing well, showing the veterans of the sport respect, but never giving them any slack when they line up in the other lane. "Most of these guys we are racing against in the MMPSA have been doing this for 15+ years. They are a great group of people and they have a high level of professionalism and commitment towards Pro Stock racing. I want them to know that we are here to do the same.

"I am happy we [Mountain Motor racers] were successful in starting up the MMPSA," Eman continued, elaborating on his involvement with the organization. MMPSA is a showing of how tight of a group the Mountain Motor Pro Stock racers are, and I am glad to be a part of that. Hopefully we will start adding more races to future schedules and also see more racecars get built specified for the MMPSA rules. I can't wait to see 30+ Mountain Motor Pro Stocks battle for the 16 car field again as it was done in past history of Mountain Motor Pro Stock. Our former venue (sanctioning body) failed to keep that going, but I believe the MMPSA can pick that back up.

"Team Aruba was committed to the MMPSA from the day it was first mentioned. We planned on running all five events from day one and have completed three successful races so far. Team Aruba plans to race MMPSA for as long as it's around and we're still here racing. We have recently moved up the points ladder into 7th place and hopefully we can keep that up to be a part of the field for the King of the Mountain Crown."

Many MMPSA fans know that Team Aruba offers fans an inside look into an Aruba vacation, but many may not know that the team also raises awareness for Autism:

"Every race Team Aruba attends, we always set up our free information/giveaway booth at the end of our racecar trailer where we invite all fans to come by and pick up information on Aruba," Eman informed. "We do our best to always take the time to talk to people about Aruba and what a vacation there may be like for them.

"Besides promoting Aruba and the official website, www.aruba.com, we also support and seek support of others for Autism Speaks. Autism Speaks is an organization, which raises awareness of Autism. We have become a spokes-organization for Autism Speaks and always have our unique donation box, which is basically a 'mountain motor' intake manifold that is set up on our information table. Team Aruba annually participates in a fundraising event called 'Walk Now for Autism,' where we display our racecar at Lowe's Motor Speedway and walk laps around the speedway to raise funds towards Autism awareness."

Now as the Official Travel Destination of the MMPSA, fans can also get discounts on Aruban vacations by booking through the link on www.MMPSA.org.

"We are very proud of Aruba's involvement with the MMPSA. It shows how slowly but surely, Aruba is getting more and more involved in the professional racing world in the USA. It first started with us racing Pro Stock, now they have become official sponsors in the MMPSA. Hopefully one day we will take Aruba to the winners circle with the Aruba flag held high, and possibly even a championship some time down the road."





#### **PICKLES**









#### **MOMMA**



#### CALVIN and HOBBES





I'LL SAY! MY BOOK SAYS THAT THIS ONE WASP LAYS ITS EGG ON A SPIDER, SO WHEN THE EGG HATCHES, THE LARVA EATS THE SPIDER, SAVING THE VITAL ORGANS FOR LAST, SO THE SPIDER STAYS ALIVE WHILE IT'S BEING DEVOURED!





ISN'T THERE A

#### CROSSWORD

#### **ACROSS**

- 1. Tiresome guest 5. Pop
- 8. Tent city
- 12. Rotisserie rod 16. Take down
- 17. Hipbones 19. Cruising
- 20. Beginner
- 21. Be involved
- 25. Law officer
- 26. Horse fodder
- 27. Lies \_\_ de la Cite
- 29. Minstrel's
- instrument 30. Vend
- 31. Mulberry cloth
- 34. Itinerary 36. "\_\_\_\_ silver sea"
- 36. \_\_\_\_ saltar 41. Assistance
- 43. Naught
- 44. Sesame 45. Old French gold coin
- 46. Tractor-trailers
- 47. Albacore 48. Elderberry liqueur
- 50. Pine Tree State
- 52. Arrogant 53. "Winnie\_
- 54. Squander
- 55. Summit
- 56. Site of Darius's defeat 58. Yelps
- 59. Senator from New
- Jersey 62. Particle
- 63. Marching musicians
- 64. Enemies
- 65. Having outward valence bonds
- 66. Face value
- 67. Closely associated
- 70. Thrice, in music
- 71. Frolics 73. Make a speech 74. African hornbill
- 75. Geisha girdles
- \_impasse 77. Norwegian river
- 79. Unspoken
- 81. Tangle 82. Dirigible
- 86. Kept in readiness 89. Egress
- 90. Uh-uh
- 91. Spotted
- 92. Formerly, of old 93. Dinner beverage
- 94. Arabian chieftain

- 95. Gamble 96. Two British rivers
- DOWN
- 1. Cries of disgust
- 2. Colorful fish
- 3. Dream: Fr. 4. Female adviser
- 5. Variance 6. Arabic letter
- 7. Cacophony
- 8. Menu 9. Sale terms
- 10. Chess pieces
- 11. Designs 12. Actress Stevens
- 13. Meerschaum
- 14. Eye part 15. Pedal digit
- 18. Sugarcane pest 22. Be under the weather
- 23. Corroded
- 24. Pulled in unwillingly
- 29. Fruit pigeon 30. Platform
- 32. Recital solo
- 31. Makes edging
- 33. Fortunetelling
- 59. Kick

- 36. Polish
- 35. Russian saint 37. Accept defeat from
- 38. Pig sound 39. Upbraid
- 41. Transports 42. Ground hominy
- 47. Amphibian
- 49. Azure 50. \_\_\_\_ Gras
- 51. Inquire 52. Desist
- 54. Batons
- 55. Anticipatory 56. Urchins
- 57. Drench
- 58. Financial
- institutions

- 60. Corporate VIP 61. WWI hero

- 63. Small tuba 64. Spanish custard
- 67. Wont This Earth"
- 68.

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**CROSSWORD** 

- 72. Find

- 74. Sampled
- 76. Goose genus 78. Bobble
- 79. Hack
- 80. Server's point 81. Military cap 82. To one side

- 83. Charter \_dixit 84
- 85. Attention getters 86. Fell
- \_ de plume
- 88. Bird's beak

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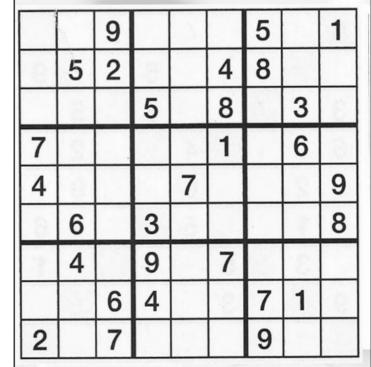
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#### YESTERDAY'S Crossword Answer

PUZZLE 50														
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### India says may drag US to WTO over visa fee hike

NEW DELHI, India (AFP) - India said yesterday it may take the United States to the World Trade Organisation over a "protectionist" US move to hike work visa fees that will hit the country's flagship outsourcing sector.

The new law earmarks funds from the visa fee hike to pay for the US government's plans to boost security along its border with Mexico to crack down on illegal immigration and drug smuggling.

India "cannot keep quiet" on an issue that hurts its commercial interests, Rahul

Khullar, the top bureaucrat in the commerce ministry, said in New Delhi.

The visa fee hike "is WTO incompatible," Khullar said, adding the government was now deciding its "next course of action" which could include challenging the US legislation before the World Trade Organisation.

The 600-million-dollar measure, signed into law last Friday by US President Barack Obama, will nearly double visa fees for some Indian information technology workers entering the United States.

# How to get all the free advertising you want

by Ken Varga



Hi, I am Ken Varga. I want to share with you some of the ideas, strategies, and principles that allowed me to build 35 businesses during my career.

By earnestly applying the ideas, you will learn how you too can build your business to success, while living an unhurried life, filled with family, friends, fun and a relaxed attitud.

Hi again, and welcome.

The many opportunities for getting free advertising for your product or services are limited only by your own imagination and energies. There are so many proven ways of promoting your own objectives without cost.

One of the ways is to write an article within your particular expertise and submit it to all the publications and media dealing in the spreading of related information.

In other words, become your own publicity and sales promotions writer.

Get the word out. Establish yourself as an expert in your field, and with everything you write, you list your address for a catalog, or more information.

Another really good way is

by becoming a guest on as many of the radio and television talk shows or interview programs as possible.

Actually, this is much easier to accomplish than most people realize.

All you need to do is to write a letter to the producer of these programs, then follow up with an in-person visit or telephone call. Your initial contact should emphasize that your product or service would be of great interest to the listeners or viewers of the program.

Figure out a way that your information could save the listener's time or money.

You, also, can post advertising circulars on all the free bulletin boards in your area.

How about coin operated laundries, or beauty shops. I'm sure you can think of many more.

As I mentioned earlier, the opportunities are only limited to your imagination.

Don't discount the idea of handing out circulars to all the shoppers in busy shopping centers and malls, especially on weekends. They are packed.

Or, you can enlist the help of the middle, or high school students in your area to hand out circulars door to door.

You can also have a printed ad about your product or services, on the back of your envelopes

Always check all the publications that carry the kind of advertising you need.

"Per Inquiry" space is available for those who ask. For those of you readers who don't know what "per inquiry" is, it's an arrangement where all orders come in to the publication, they take a commission from each order, and then forward the orders on to you for fulfillment.

If you do a newsletter for your customers, you can get in touch with all other newsletter publishers and ask about the possibility of exchange advertising. They run your ad in their publication in exchange for you running an ad for them of comparable size in yours.

Last, but not least, there's nothing that beats the low cost and tremendous exposure you get when you advertise a free offer. Simply run an ad offering a free report of interest to most people. A simple one page report with a "tag-line" inviting the readers to send money for more information, with a full page advertisement for your product on the backside.

The trick here is to convert all of these responses into sales.

This is done with the tag line, which gives an invitation to the reader to send for more information, and the full page ad on the back of the report.

Again, it's just a matter unleashing your own imagination and creativity. Do that and you have a powerful natural force working for you that can increase your customer base exponentially.

To your success,

Ken Varga

Ph: 888-682-2596; Fax: 888-682-2597 Email: ken@kenvarga.com Website: www.kenvarga.com

### US wholesale prices up first time in four months

WASHINGTON (AFP) – US wholesale prices rose in July for the first time in four months, government data showed yesterday, easing immediate deflation fears in the world's largest economy.

The producer price index -the measure of wholesale inflation, or the prices that businesses pay for their goods -rose in line with expectations of 0.2 percent, snapping a decline since April, the Labor Department said.

The increase was mostly on the back of higher food and energy prices.

After stripping out food and energy, the so called "core"

prices for finished goods were up 0.3 percent in July, the largest increase since January.

"In normal times, core inflation at 0.3 percent would be unwelcome, but when deflation is the fear, any sign of pricing power is greeted as good news," said analyst Nigel Gault of IHS Global Insight.

Rising energy costs also drove up US consumer prices in July.

Prices had risen 0.3 percent amid warmer-than-usual summer temperatures across much of the country and higher adjusted gasoline prices.

"While inflation pressures remain subdued, still-rising

core prices at the final stages of production are an indication that fears of deflationary pressures can also be set aside," said economist Sunayana Mehra with Moody's Economy.com.

The US economy began growing in the middle of last year after a brutal recession but expansion has moderated in recent months, raising the prospect of the economy contracting again in what many call a double-dip recession.

Facing slower growth rates and high joblessness, the US Federal Reserve this month promised more stimulus spending to prop up the economy.

### tradition at El Gaucho Restaurant



Aruba's longest established and most popular Argentinean steakhouse, El Gaucho, is still going strong after 33 successful years. Two-time winner of the prestigious Wine Spectator Award of Excellence, the restaurant proudly displays the numerous accolades it has received from other such notable wine and food societies as Chaîne des Rôtisseurs, as well as coveted awards for excellence such as the Worldwide Marketing Organization of Mexico, Golden Trophy for Quality Award of Excellence from France, Arch of Europe for Quality from Business Initiative Directions of Germany and International Award for Tourism, Hotel and Catering Industry from Spain.

land visitor where they go for a great steak, you will find most frequently their #1 choice will be The Gaucho Steak; a generous portion of prime tenderloin, charcoal-grilled to perfection. El Gaucho Restaurant also boasts the biggest shishkebab in the Caribbean, as well as a varied menu of fresh local fish and seafood, and everyone's favorite cut of steak and

2009 has brought some welcome changes; an expanded food and wine menu and the restaurant is now open on Sundays. A variety of lamb and veal dishes now garnish the menu, as well as a hearty 20-oz rib eye to satisfy your appetite.

El Gaucho Restaurant is open for lunch and dinner



Recognized around the world for its quality of service and cuisine, El Gaucho's heartiest applause comes from its loyal clientele, who recommend the restaurant to friends and family with complete confidence in their satisfaction.

When asking a frequent is-

Monday through Saturday from 11:30 a.m. until 11:00 p.m., and on Sunday from 5:30 p.m.. Visit their online guestbook at www.elgaucho-aruba. com, and peruse the glorious praise their receive from their devoted fans, as well as the updated menu.

### THE MORNING NEWS Wednesday, August 18, 2010 Great steaks are a family Gold Coast Aruba: This is the time to invest

Managers of Gold Coast Aruba, the island's newest and most innovative gated community, report that sales are picking up nicely as the global economy begins to recover and those with a bit of disposal income are looking to invest in a sure thing. Gold Coast Directing Manager Fito Croes has noticed a surprising percentage of owners are barely using the villas or town homes they purchase, but taking advantage of Gold Coast's rental services to turn their investment into ready income.

"The greater portion of home owners are using their "home away from home" in Aruba to escape the winter months, or spend holidays with the family on the island,' he remarked, "but I am gratified by how many are buying because they felt secure with real estate investment on Aruba. They really study the history and economy of the island and are impressed with



house complemented by two additional pools decks, one of which has been open for a year, the other will be ready for the holidays 2010. They expect the clubhouse to be ready for the community with a workout room and spectacular facilities by the end of 2011. It will also house a restaurant and mini-market.

Owners who purchased upon the groundbreaking only a few short years ago, are already enjoying a nearly 50%

with two of Aruba's top providers of kitchens and bathrooms enables developers to offer custom options for clients, so buyers can individualize their homes. An elegant and chic standard package is available, or island designers will assist owners in finishing the décor to their specific

There are many aspects to purchasing property; not the least is the future value of the investment. To further enhance this, Gold Coast managers have inaugurated a number of in-house services and are now negotiating with Interval International to provide a huge international pool for investors to tap for renters either short or long term. Property exchange for a vacation in another destination will also be available. Gold Coast's own rental services have also proven highly successful in assisting owners in renting their villas; 24-hour security and maintenance services also tip the scales when it is time to make a decision. Aside from all this, housekeeping, babysitting and catering services are also available for community members as well as airport pick-up and drop-off and preshopping services so cupboards and refrigerators are stocked upon arrival, which can all be arranged through their home management department.



the political stability and continually increasing value of prime locations. Gold Coast is in the heart of Malmok, considered Aruba's most exclusive community; in this area, the value of properties has only increased over time. It is minutes to the best beaches and all the action, and yet offers a quiet and secluded getaway; we are very pleased by the response to our concept.'

Fito, with his sister Mayrin and brother Rudy run Cas Bon, which has been constructing homes and building developments for all budgets for nearly twenty years. "Gold Coast Aruba is the jewel in our crown," observes Fito. "We were very excited about this project; the scope and amenities. We talked to countless island visitors to find out what they would really want in a permanent residence on Aruba, and took from there.'

Input from frequent vacationers who dreamed of their own home in Aruba will eventually be a community of 260 town homes, villas and condominiums with a stunning club-

appreciation on their investment, particularly those taking advantage of the management association's rental service, There is always a great demand for Aruba and facilities such as those at Gold Coast, making it easy for some owners to earn their mortgage payments or others to see an immediate return on their investment

The design of the struc-



tures is open, airy and spacious, fully deploying the island environment, with the finest quality construction and finishing available. Partnering

their website: www.goldcoastaruba.com for more details and availability or call 586-2200 to arrange a personal tour.

# Beyonce Knowles: 'Female friendship is very, very important'



Beyonce Knowles gets by with a little help from her ladies. The songstress says her female friends are a very important part of her life -- and have often steered her away from making bad choices in the dating department.

She said: "I think I am a feminist in a way. It's not something I consciously decided I was going to be; perhaps it's because I grew up in a singing group with other women, and that was so helpful to me. It kept me out of so much trouble and out of bad relationships. My friendships with my girls are just so much a part of me that there

are things I am never going to do that would upset that bond. I never want to betray that friendship because I love being a woman and I love being a friend to other women. I think we learn a lot from our female friends—female friendship is very, very important."

While her personal relationships are very important to her, Beyonce admits she sometimes finds it hard to balance everything in her life. She told You magazine:

For me, balance is always really hard to find. I love so many different things, and to have the discipline to turn certain things away and focus on one thing at a time so that I can give it 100 per cent is really hard. "Probably the biggest challenge in my life is time - making sure I have time to be a wife, to be a singer, to be a songwriter, to be an actor and still have time for my clothing line and now for my perfume. I am like any other woman who has a child, who has a husband, who has a job. I think it's the hardest thing about being a woman because we have so many responsibilities.'

### "Fahrenheit 451" author burns at idea of digital books



SAN FRANCISCO (AFP) – Famed US author Ray Bradbury this week told the Los Angeles Times that this country needs a "revolution" and that he gets burned up by the idea of his works going digital.

Bradbury, author of "The Martian Chronicles" in which colonists from a devastated Earth encounter natives on Mars, lashed out at President Barack Obama for not backing development a moon base to be used to "fire off a rocket to Mars"

"Then when we do that, we will live forever," he told The Times, before going on to complain about the growth of government in the United States

"I think our government needs a revolution. There is too much government today," he said. Bradbury also bridled at the spread of modern technology, saying: "We have too many cellphones. We've got too many Internets. We have got to get rid of those machines. We have too many machines now."

The author of "Fahrenheit 451", which depicted a US future in which critical thought was banned and books burned, told the Times he had rebuffed proposals to convert his written works into digital formats to be read on devices like Amazon.com's Kindle or the Apple iPad.

"I was approached three times during the last year by Internet companies wanting to put my books" on an electronic reading device, he said.

"I said to Yahoo, 'Prick up your ears and go to hell.' "

Bradbury is being celebrated in Los Angeles with a week dedicated to him to mark his 90th birthday on August 22.

His other works include "Something Wicked This Way Comes," "Dandelion Wine" and "The Illustrated Man."

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### Japanese tango duo look to hold on to world crown



BUENOS AIRES (AFP) – You can take tango out of Buenos Aires, but it seems you can't take Buenos Aires out of tango.

That, at least, is the thinking of the reigning champions of Mundial de Tango, the world tournament of this passionate-yet-precise dance which is underway for the next two weeks in the Argentine capital.

That's why Kyoko and Hiroshi Yamao, the title-holders and the planet's top tango duo since 2009, at times consider swapping their native Tokyo for Buenos Aires, the city most associated with this Spanish-derived melding of hips and chests to fast footwork that has become their obsession.

"This is our fifth time in the Mundial de Tango and we think sometimes about coming to live in Buenos Aires," Hiroshi Yamao, 39, told AFP at the official launch of this year's competition on the weekend.

He and Kyoko, 35, owe their marriage to tango.

"We love so much the communication and seduction this dance has. In fact, we met each other dancing in a milonga (tango dance hall) in Tokyo," he said.

Starting next week, the Japanese pair will face 400 couples -- Argentines and foreigners -- in the classification round of the competition, whose finals will be decided

August 30 and 31.

This week, essentially a warm-up, will see hundreds of art shows, conferences, films and free dance classes dedicated to tango take over milongas and streets in Buenos Aires.

"It's a must-see public festival," the artistic director of the event, Gustavo Mozzi,

"We've been dancing since we were 14," boasted Pocho, an 86-year-old contestant paired with his wife, Nelly, 84. "We were born and have always lived together in tango and in the milonga."

Another couple, Lidia Casella, 64, and Ruben Diez, 74, who won the capital's metropolitan title in 2008, proudly noted that tango was declared part of the world's intangible heritage by UN-ESCO last year.

"Everything is said in the embrace: heart, synchronization and musicality. It's very Argentine," Casella said.

"World culture recognizes tango, and vice versa," Buenos Aires's official in charge of culture, Hernan Lombari, said.

"Tango's mystery is in its passion. That's why it is recognized globally. Buenos Aires has many cultural passions, but tango is basically at the top," he said.

### Fantasia Barrino grinding hard after suicide attempt



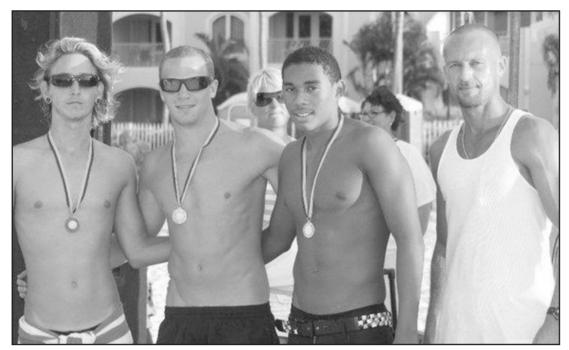
Fantasia Barrino is not wasting any time, immeadiately after her release from a hospital, she is back on her grind. Fantasia is focusing on her music again and already has several planned TV appearances. fantasia will make her first media appearance on

"Good Morning America" on Ag. 24th. Her album "Back To Me" will also be released on the same day.

After kicking off her promo run with television performances on Good Morning America (8/24), Fantasia will also visit Lopez Tonight (8/25), 106 & Park (9/8), Live With Regis & Kelly (9/9) and the Wendy Williams Show (9/10). Additional appearances include Steve Harvey's Ford Hoodie Awards (8/28) and Tom Joyner's Family Reunion (9/4).

"I can't thank my fans enough for their prayers and support during such a challenging time," Fantasia said in a statement. "It has given me the motivation to get back to work ...I put a lot of blood, sweat and tears into this album and I pray that everyone enjoys it as much as I

### Long distance swimming competition of Aruba Regatta was a huge success







organized their annual Rembrandt Regatta. An Open Swim competition also formed part of this big event. There was two categories 1km and 2km. A total of 33 persons competed. Absolute winner in the 2km distance was Jurgen Willemsen who finished with a time of 21.15

Last weekend Aruba Regatta and in the Junior category the winner with a time of 23.21 was Renzo Postma. In the 1 km category Danielle van den Berg finished in 11.20 and Hyacinth Ciintie 12.10.

Race director and organizer Ryan Peterson was very happy with this successful event and thanked participants and also main sponsors,



Café Rembrandt and SETAR. Plans for next year's 'Super Swim event is already in the making, so all swimmers and fans are advised to keep pending for more informa-



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#### **Legendary homer**hitter Thomson dies at 86

NEW YORK (AFP) - Bobby Thomson, whose playoff home run to win the 1951 National League title for the New York Giants became one of the Major League Baseball's most iconic moments, has died at age 86.

Thomson's death Monday night at his home near Savannah, Georgia, was confirmed Tuesday by officials handling details of the funeral.

Thomson's dramatic threerun blast, dubbed "The Shot Heard 'Round The World". came off Brooklyn Dodgers' ace pitcher Ralph Branca in the bottom of the ninth inning at the now-demolished Polo Grounds and it brought the Giants a crown.

For most US baseball fans, the moment is recalled by black-and-white footage in which broadcaster league seasons.

Russ Hodges repeatedly screams "The Giants win the pennant."

The homer gave the Giants a 5-4 victory and a 2-1 triumph in a best-of-three playoff series after the New York had trailed Brooklyn by 13 1/2 games on August 11 but made an astonishing rally to finish the regular-season deadlocked with the Dodgers.

The New York Yankees went on to defeat the Giants four games to two in the 1951 World Series, their third of five consecutive championships in the best-of-seven

The Dodgers moved to Los Angeles and the Giants to San Francisco in 1958

Thomson batted .270 with 264 career homers and drove in 1,026 runs in 15 major

#### Pakistan welcomes plans for World XI tour

KARACHI (AFP) - Pakistan's cricket chief yesterday welcomed an announcement of a possible World XI tour to his country, saying he hoped it would revive international cricket in the insurgency-hit

"The Pakistan Cricket Board (PCB) welcomes the announcement by Giles Clarke of the intention to send an ICC World XI to play in Pakistan," a PCB statement quoted its chairman, Ijaz Butt, as saying.

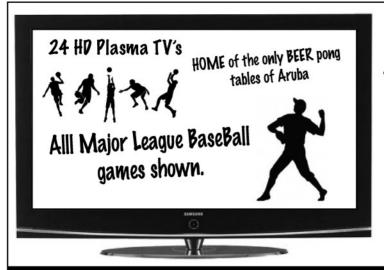
International cricket came to abrupt end in Pakistan in March last year, after a terror attack on the touring Sri Lankan team in Lahore, leading to huge financial losses for the PCB.

Writing in the September issue The Wisden Cricketer, Clarke, the chairman of the England and Wales Cricket Board, called for a return of international cricket to Pakistan and said a World XI would tour there "in due course."

Butt said such tour would go a long way towards reviving international cricket in Pakistan.

"I am very grateful to Clarke, who is a dear friend of Pakistan, for pursuing our case and working tirelessly in bringing international cricket back to Pakistan," Butt said.





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# Favre flying to Minnesota, appears set to join Vikings



MINNEAPOLIS (AFP) - Brett Favre has reportedly boarded an airplane for Minnesota after three players from the Vikings made a personal appeal for him to return for a 20th National Football League season.

Favre's website teased the matter, saying "stay tuned for breaking news from the Minnesota Vikings on Brett Favre's possible return" and then "we are awaiting a statement soon from the Vikings."

Sore ankles had been a concern that appeared set to doom yet another comeback bid from the NFL's all-time leading passer, who has retired with the Green Bay Packers, New York Jets and Vikings.

It was 364 days ago that Favre returned from his second retirement to join the Vikings, breaking hearts in Green Bay, where he starred for many years and won a Super Bowl for a Packers' squad whose biggest rivals include Minnesota.

NFL Network, ESPN and the Biloxi Sun-Herald newspaper reported that Favre boarded a plane bound for Minnesota with three of his closest friends on the team-Jared Allen, Ryan Longwell and Steve Hutchinson.

The Star Tribune reported that the trio met with Favre on Monday night to convince him it was time to join the team rather than work on treating his ankle in his home area of Mississippi.

While Favre might not be healthy for the season opener, his presence as a leader could be what the Vikings need as the new season kickoff looms on September 12 and pre-season exhibitions continue.

Favre, who will turn 41 in October, threw 33 touchdowns last season and sparked the Vikings within one game of the Super Bowl only to lose at New Orleans to the eventual Super Bowl winners.

# Seven overseas starts highlight NBA pre-season games

NEW YORK (AFP) - Preseason games in Beijing, London, Milan, Paris, Barcelona, Guangzhou and Mexico City highlight an NBA exhibition slate for October confirmed Tuesday by the league.

The NBA announced last week that it would play regular-season games in Europe for the first time when Toronto and New Jersey meet March 4-5 in London, which had hosted several prior preseason games.

NBA's pre-season play tips off October 3 in Italy when the New York Knicks visit Milan to face Armani Jeans Milano, the former club of Knicks coach Mike D'Antoni and Knicks standout forward Danillo Gallinari

The same day, the New Jersey Nets play host to Maccabi Haifa.

Chinese star center Yao

Ming and the Houston Rockets will face the Nets on October 13 at Beijing's Wukesong Arena, site of the 2008 Olympic basketball games, and October 16 at Guangzhou.

A fourth consecutive year of pre-season games in London will feature the reigning NBA champion Los Angeles Lakers, led by Kobe Bryant and Spain's Pau Gasol, facing Minnesota at O2 Arena on October 4.

Minnesota will face New York at Bercy Arena in Paris on October 6 while the Lakers visit Gasol's homeland for an October 7 encounter with reigning Euroleague champion Regal FC Barcelona.

San Antonio, powered by Tim Duncan and Manu Ginobili, will meet the Los Angeles Clippers on October 12 in Mexico City for the NBA's 19th appearance in Mexico, the most of any nation outside the league US and Canada base.

By the time the Boston Celtics and Miami Heat tip off on Octobr 26 in the NBA regular-season opener, the league will have staged 105 games at 32 cities in 17 nations outside the US and Canada.

Euroleague clubs Caja Laboral of Spain and CSKA Moscow will play five NBA teams in pre-season matchups.

The Russian team visits Miami on October 12, faces NBA scoring champion Kevin Durant and his Thunder teammates at Oklahoma City on October 14 and travel to Cleveland on October 16.

The Spanish side will visit Spaniard Marc Gasol and the Memphis Grizzlies on October 14 and play at San Antonio on October 16.

#### Nats ink top prospect in another last-second deal

WASHINGTON (AFP) - For the second year in a row, the lowly Washington Nationals went down to the last seconds of a signing deadline before making a deal with agent Scott Boras for Major League Baseball's top prospect.

The Nationals signed 17-year-old slugger Bryce Harper to a five-year deal worth a record 9.9 million dollars in the final moments Monday night before a midnight deadline.

"Both sides gave up ground at the last second to get the deal done," said Nationals general manager Mike Rizzo.

The prior record sum for a

non-pitcher was for New York Yankees first baseman Mark Teixeira, a four-year deal for 9.5 million dollars from Texas in 2001 also negotiated by Boras.

A year earlier, the Nationals went inside the final 90 seconds before the cut-off before inking pitcher Stephen Strasburg, another Boras-represented player, to a four-year contract worth 15.1 million dollars.

If a team fails to reach a deal for a player, it receives extra selections in next year's draft of unattached talent.

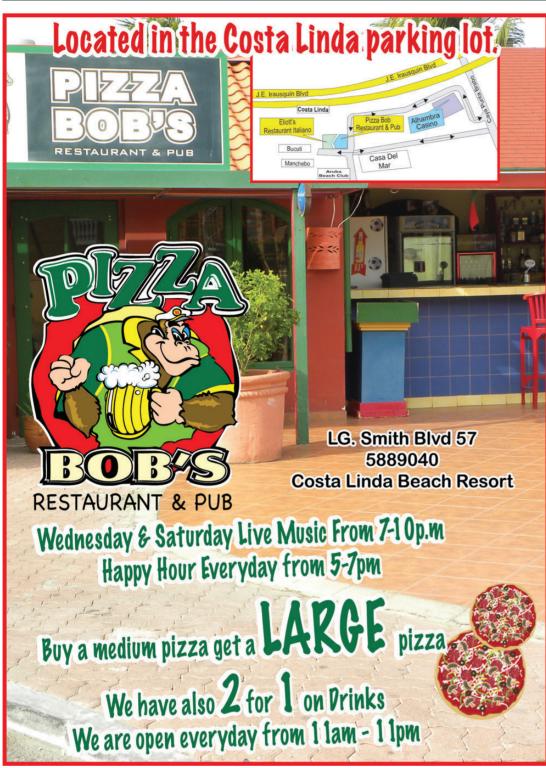
Harper, a catcher, was the first junior college player taken with the top overall se-

lection. The former College of Southern Nevada star will receive a 6.25 million-dollar signing bonus in annual 1.25 million-dollar payments.

Washington finished with the worst record in Major League Baseball the past two seasons to obtain the top choices in back-to-back drafts.

This year, with Strasburg a top attraction to sell tickets for a struggling team, the Nationals are 51-67, last in the National League East division but 13th in the 16-team league and only eighth-worst among 30 major league clubs.

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### Blake, Ball, Rufin receive US Open men's wild cards

NEW YORK (AFP) - Former world number four James Blake, Australian Carsten Ball and France's Guillaume Rufin were among seven men given wild-card entries into the US Open on Tuesday by the US Tennis Association.

Blake has won 10 ATP ti-

Senior League
World Series 2010
(Bangor)
August 17
Aruba 17, Holmes
County, Ohio 1

tles and peaked at fourth in the rankings in 2006 but has plunged to 107th in the wake of a knee injury. The 30-year-old American was fourth at the 2008 Beijing Olympics and twice reached the US Open's last eight.

Ball, 23, is ranked 145th after reaching a career-high 108th last month. He reached last year's ATP Los Angeles final and joined countryman Chris Guccione to reach last year's US Open men's doubles quarter-finals.

Rufin, ranked 207th, will make his US Open

debut. The 20-year-old from Charnay qualified for the Australian Open this year and reached the round of 16 in the 2008 US Open junior tournament.

Others receiving wild cards included Americans Ryan Sweeting, Donald Young, Jack Sock and Bradley Klahn. An eighth wild card will go to the winner of a playoff event in Florida that begins Wednesday.

The US Open, the year's last Grand Slam event, begins August 30 at New York

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# Anelka takes the main hit for France's World Cup fiasco

PARIS (AFP) - France international striker Nicolas Anelka's international career all but officially came to an end Tuesday as he received an 18-match ban for his foul-mouthed outburst at then coach Raymond Domenech at the World Cup, a French Football Federation disciplinary commission decided.

The commission also handed out a five-match ban to World Cup captain Patrice Evra, three matches to vice-captain Franck Ribery and one match to Lyon midfielder Jeremy Toulalan.

Eric Abidal, the fifth player called before the commission - Ribery was not present as his club Bayern Munich refused to release him and Anelka, as expected, did not show up - convinced the commission that he was an innocent party and was absolved.

The five players had been called to appear before the disciplinary commission over the strike that shamed the World Cup finals squad as they went on strike in protest at the expulsion from the squad of Anelka over his outburst at then coach Raymond Domenech.

Evra and Ribery were sum-

moned for not performing their duties properly as captain and vice-captain, Toulalan for being responsible for wording the statement which was humiliatingly read out by Domenech, Abidal for refusing to play in the final group match against South Africa.

Anelka, who is suing L'Equipe newspaper for defamation for misquoting what he said, had also been asked to turn up to explain his behaviour but the 31-year-old will more than likely not be too discomforted by the ban as he had already intimated that he would not play for France again.

The FFF had preferred not to summon all the squad members and had pinpointed the quintet as the players most responsible for the shambles which made France a laughing stock.

The French Players' Union (UNFP), however, hit out at the sanctions saying they had been taken to mollify political and media pressures.

"On the other hand the officials who voted for Raymond Domenech to stay in the job in 2008, went unpunished even though everyone knows that they were the real culprits," a UNFP statment said.



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